



Reduced: \$0.30

Adult: \$1.60



September 2019

Kids who eat well. learn better!

Students can choose from hot & cold entrees. fresh fruit, 100% juice, and skim or low-fat milk to start the day right!



NOW HIRING CAFÉ WORKERS 770-497-8337 ext. 215 217N@Kellyservices.com



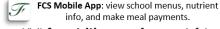


100% Fruit Juice

Assorted Fresh Fruit



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Visit fcsnutrition.com for more info! This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day Schools Closed	3 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	6 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	10 Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	11 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	12 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	13 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
6 Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	17 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	19 French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	20 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
3 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	24 Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	25 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	26 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	27 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
Breakfast Taquito Assorted Gereals	Daily As	 sorted Milk • Daily Fres	 Bro Bro	 e a k f a s t P r i c e Student \$1.10

Locally Sourced Ingredients Offered Regularly

Daily Vegetarian Option

Menu Subject to Change Based on Product Availability.

Elementary School

SCHOOL NUTRITION

September 2019

LUNCH-MENU



Hard Core Apple Day 9/13
Breakfast for Lunch 9/19
World School Milk Day 9/25
Hispanic Heritage Month

This month, crunch into locally grown apples!



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FCS Mobile App: view school menus, nutrient info, and make meal payments.

Visit **fcsnutrition.com** for more info! This institution is an equal opportunity provider. Labor Day

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MONDAY

Schools Closed

Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey & Cheese Wrap Baby Carrots Tater Tots

> Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas

Chicken Alfredo with
Garlic Breadstick
MorningStar Chik'n Nuggets
with Garlic Breadstick
Cheese Pizza Pack
Baby Carrots

30
Meatloaf with Roll
Popcorn Chicken with Roll
Cheese Pizza Pack
Baby Carrots
Mashed Potatoes

Sweet Potato Waffle Fries

3
General Tso's Chicken with
Brown Rice
Turkey & Cheese Croissant
Yogurt & Cheese Pack
Signature Side Salad
Steamed Broccoli

TUESDAY

Teriyaki Chicken with
Brown Rice
Burger
Cheese Pizza Pack
Signature Side Salad
Peas & Carrots

17
Tangerine Chicken with
Brown Rice
Mini Burgers
Jamwich Pack
Signature Side Salad
Steamed Broccoli

4
Spicy Sichuan Chicken with
Veggie Fried Rice
Chicken Soft Tacos
Hummus Bento Box
Signature Side Salad
Edamame Succotash

Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries

WEDNESDAY

Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans

11

18
Salisbury Steak with Roll
Chicken Filet Sandwich
Hummus Bento Box
Baby Carrots
Mashed Potatoes

Grande Nachos
Cheese Nachos
Mini Corndogs
Turkey & Cheese Wrap
Baby Carrots
Black Beans

5 Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey & Cheese Lunch Box Buddy Signature Side Salad Baked Beans

THURSDAY

Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad Steamed Corn

Breakfast for Lunch:
Waffles & Sausage Links
Cheese Stuffed Breadstick
Turkey Chef Salad
Signature Side Salad
Tater Tots
Chocolate Chip Cookie

26
Pancake & Sausage Griddle
Pretzel Bites with Cheese Dip
Yogurt & Cheese Pack
Signature Side Salad
Tater Tots

Filet of Fish Sandwich
Meat Lover's Pizza
Cheese Pizza
Carrot, Cucumber & Cherry Tomato

BUT Buffalo Cauliflower

FRIDAY



Cheese Pizza
Popcorn Shrimp with
Mac & Cheese
Mac & Cheese
Jamwich Pack

Carrot, Cucumber & Cherry Tomato Steamed Broccoli

20

Cheese Pizza
Meat Lover's Pizza
Seafood Basket
Turkey & Cheese Lunchbox Buddy
Carrot, Cucumber & Cherry Tomato
Baked Beans

27

Cheese Pizza
Popcorn Shrimp with
Mac & Cheese
Mac & Cheese
Jamwich Pack
Carrot, Cucumber & Cherry Tomato

Steamed Broccoli

Student \$2.45 Reduced: \$0.40 Adult: \$3.45

Daily assorted milk • Daily fresh fruits & veggies
All grains offered are whole grain-rich

Locally Sourced Ingredients Offered Regularly

Daily Vegetarian Option

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